

## STUDIO

**YOGA...**Specifically designed to balance & elongate the areas of the body. Modifications are provided along with guided postures, moves & techniques. Work to create muscle balance and structural integrity combined with challenges and relaxation to take fitness aspirations to a new level.

## BOOT CAMP

Plan to do calisthenics, (pullups, pushups, lunges and crunches), as well as drills and sprints. Ourcamp is taught "Military Style: using interval training — bursts of intense activity alternated with intervals of lighter activity.

## C.O.R.E.

A mix of RNT(Reactive Neuromuscular Testing), Pilates, & functionally based movements that create muscle balance, inner core strength, proper body alignment & muscle mechanics. Plan to develop integrative training techniques that will balance, lengthen, strengthen & challenge your body & mind.

## ZUMBA

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and get in shape at our dance-fitness party. Classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating!

## L.I.F.T.

A class for anyone who wants a little "weight" in their workout. Plan to work hard, as we challenge even the "hardest body". We will educate you on proper techniques, lifting methods, and motivate you to reach your potential and challenge your strength and stamina. You will feel & look great!

## 20-20-20

An Interval format designed to help train the whole body. This workout may blend TRX, RIP, bosu, balance work, cardio & resistance training, balls, weights, & dance barre, in a high energy hour... come take the CHALLENGE!

**SCHEDULE EFFECTIVE 11-1-15**

## SPINNING

Plan to develop cardiovascular fitness, endurance, and efficiency climbing hills, racing flats, and using heart & muscle. Riders of all abilities can work out together but individually. Choose your speed, resistance level and terrain to train safely.

**SpinPOWER.** Use POWER to develop strength, speed, increase fat loss, plus improve fitness. We feature the new ION Strain Guage Power Spinner. Plan to find your unique and adaptive "P.S.T." (personal spinning threshold)



## RULES OF THE ROAD



-Please plan to arrive prior to start time so that bike set-up and questions can be addressed.

-Plan to arrive ON TIME as late attendees will not be admitted. It is important to stay for the entire ride so early departure is discouraged.

-Keep conversations to a minimum during the ride.

-Bring a towel and water bottle to each spin ride.

-We recommend a heart rate monitor for intensity.

PACE YOURSELF. "You can not get fit in one ride, just as you can not live your life in one day".

## TRX TRAINING

All TRX workouts are "all core, all the time" PLUS a great upper and lower body workout. For all levels of fitness. It compliments all types of training with lots of challenging variety. You'll get stronger faster!

**TRX INTERVAL** An Interval format designed to help train whole body. This workout blends balance work, cardio & resistance training in a high energy hour... come take the CHALLENGE!

**TRX & RIP** adds RIP trainers for additional variety and challenge. Get in "balance" with this new tool.

## ACTIVE ISOLATED STRETCH

AIS is a specific stretching technique that uses physiological principals to gently assist repetitive motion. This form of stretching reprograms your brain and your body to remember new ranges of motion, so you see fast improvements in flexibility. Great for MS, Fibromyalgia, Chronic Fatigue, Arthritis or anyone wanting "genital" fitness.

## AQUA FIT

**AQUA ZUMBA...**Splash your way into shape with an invigorating low-impact exercise. Aqua Zumba gives new meaning to the idea of a refreshing workout. Integrating Zumba with cardio-conditioning, body-toning, and great workout.

## AQUA FIT & MIX SHALLOW WATER

Try a little of everything in this class... power moves, shallow end moves, cardio movements and toning exercises. These movements will move every muscle in your body and increase energy and vigor. The workout will end with a gentle cool-down and stretch segment. Water shoes are recommended for shallow classes

## MASTER SWIM

6:00 PM

Mon Wed Fri

This program is designed for those individuals looking for a group training atmosphere. All practices will be run by an on-deck coach. Practices will be designed for each swimmer plus coaching as necessary.

## GROUP FITNESS ETIQUETTE

Group Fitness workouts are designed for ages 16 and older. We do not allow infants or toddlers in our studios/pools during workouts.

If you arrive after class "start time" you will not be admitted into class.

No talking or cell phone use during class.

Due to equipment, air handler capacity, fire code, and space limitations, our fitness classes may be limited. (First come, first serve) .

## Group Fitness Prices

\$6 Member & Resident

## 10 pack Fitness Passes

\$40 Member & Resident

## Three Month Pass

\$120 Member & Resident

**Add UNLIMITED FITNESS to your annual membership for an additional \$175.00**